

Relax.



We're here to help.

The State of California's Employee Assistance Program can help you address a variety of emotional health issues at work and at home. We provide:

- **Face-to-Face Counseling**
- **Telephonic Consultations**
- **Online Tools and Resources**

Call us toll-free anytime:

(866) EAP-4SOC

(866) 327-4762

TDD callers, please dial: (800) 327-0801

Or visit: **<http://eap4soc.mhn.com>**
(access code: soc)

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